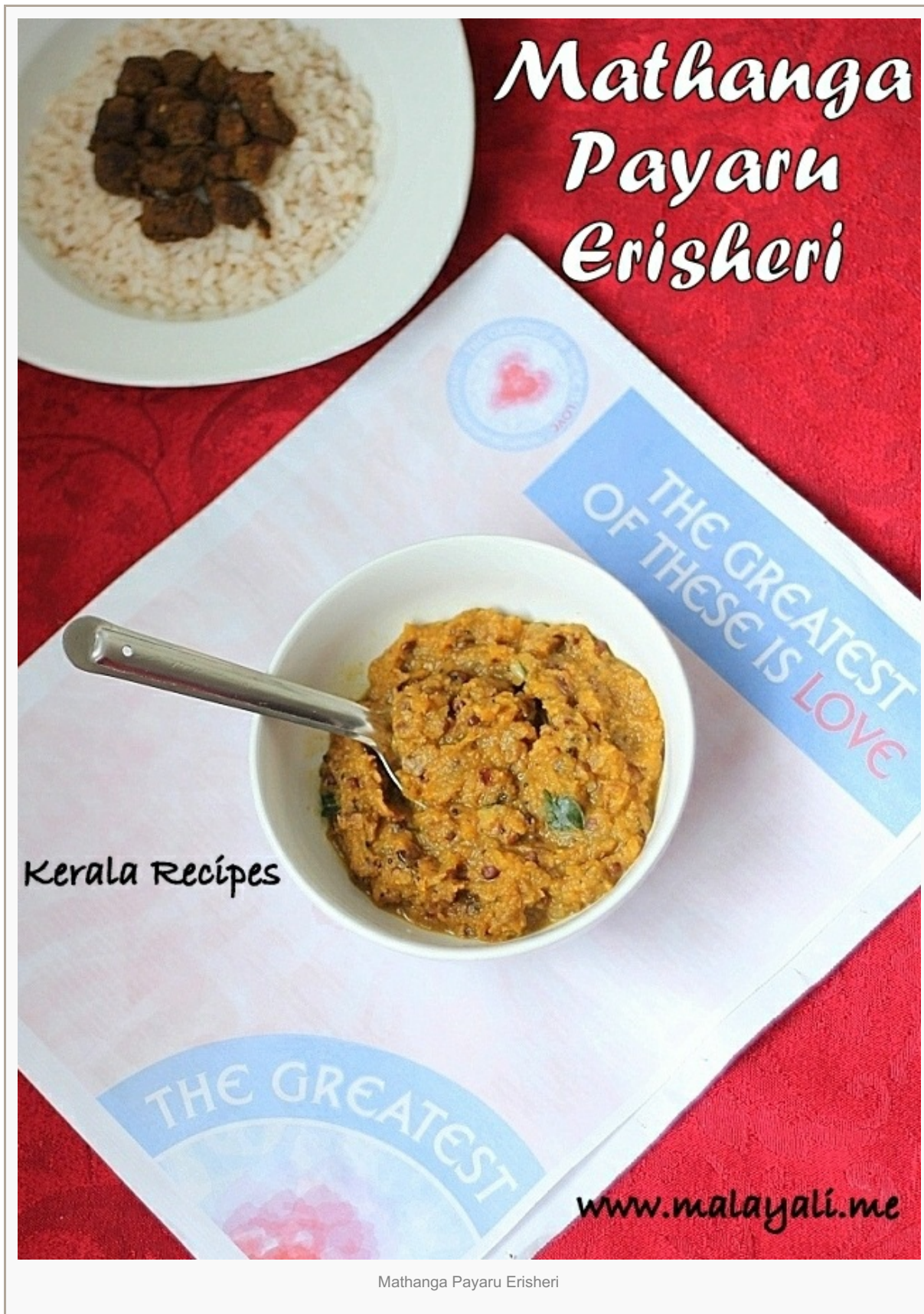


# Erissery

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 [recipes.malayali.me/veg-recipes/erissery](https://recipes.malayali.me/veg-recipes/erissery)

**Erissery (Erishery)** is another traditional **Kerala Recipe** made using **ground coconut paste** and finally seasoning with **roasted coconut**. I have always loved Erissery which my Mom used to prepare once in a while. **Mathanga Payeru** (Pumpkin and Bean) **Erissery** used to be the most common one prepared by my mom. Erissery can be made using a single vegetable or combination of vegetables. **Lentils or Beans** may also be added to Erishery.



Mathanga Payaru Erisheru

The most common types of Erissery are made using the following:-

1. Mathanga (Pumpkin) and Van Payaru (Red beans)
2. Padavalanga (Snake Gourd) and Parippu (Lentils)
3. Chena (Yam) and Vazhakka (Raw Plantain)

4. Chena (Yam) and VanPayaru (Red beans)

5. Kapalanga (Papaya)

For Onam, I decided to make **Mathanga Payaru Erissery**. I couldn't get **Vanpayaru** which is traditionally used in the recipe. So, I used some Dried Red Beans which I bought from an Asian Market. I like my Erishery to be thick but you can alter the consistency by increasing the water content.



### Ingredients

1. VanPayaru (Red Cowpeas)/Red Beans – 1 Cup
2. Pumpkin (chopped into medium pieces) – 5 or 6 cups (I used Yellowish Orange variety of Pumpkins)
3. Turmeric – 1/4 tsp
4. Salt – to taste
5. Water – as required

### For Grinding

1. Grated Coconut – 1 cup
2. Turmeric Powder – A pinch
3. Garlic Cloves – 2
4. Jeera (Cumin) – 1/4 tsp
5. Green Chillies – 5 or 6
6. Pepper Powder – 1/4 tsp

### For Seasoning

1. Oil – 1 tbsp
2. Mustard Seeds – 1/2 tsp

3. Dry Red Chillies – 4
4. Curry Leaves – A sprig
5. Grated Coconut – 1/4 cup
6. Finely chopped Shallots (Kunjulli) – 4

### Preparation Method

1. Soak the red beans in water overnight or for atleast 4 hours.
2. Grind the grated coconut and other ingredients to a smooth paste and keep aside.
3. Pressure cook the red beans in water (add water so as to cover the beans) with 1/4 tsp turmeric powder and salt for around 15 minutes on medium heat. It should be half cooked and not mushy.
4. Add the cubed pumpkin pieces and continue to pressure cook on medium flame for 2 more whistles.
5. Open the lid and transfer the contents into a big pan. Mash the pumpkin pieces with a spatula. You can leave a few chunky pieces if you like.
6. Add the ground coconut paste and cook for 5-7 minutes on medium heat.
7. Heat 1 tbsp of oil in a pan and splutter mustard seeds. Saute shallots, dry red chillies and curry leaves.
8. Reduce heat, add 1/4 cup of grated coconut and roast for a few minutes till brown. Be careful not to burn it.
9. Pour the seasoning over the curry and gently mix everything.

